



Rehab Protocol

MPFL reconstruction

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Post-op recovery		First 2 weeks	Date
Goals	<ul style="list-style-type: none"> • Protect the knee and surgical incision • Recover from swelling and inflammation • Control of post-surgical pain 		
Precautions	<ul style="list-style-type: none"> • Partial weight bear with crutches (up to 20kg) • Do not bend knee more than 90 degrees 		
Recommendations	<ul style="list-style-type: none"> • Rest and elevate as required • Ice the knee up to 3 times a day – particularly in the first 72 hours • Range of motion exercises of ankle • Range of motion exercises of hip • Gentle movement of the knee from full extension to 90 degrees of flexion as pain and swelling allows 		
Suggested exercises	<ul style="list-style-type: none"> • Static quads contraction • Supine straight leg raise • Ankle pumps • Supine bed supported knee bend • Sitting supported knee bend • Supine knee extension – foot elevated/supported • Standing knee extension 		

Phase 1		Week 2 to week 6	Date
Goals	<ul style="list-style-type: none"> • Achieve range of motion from 0-90 degrees • Comfortably walk normally 		
Precautions	<ul style="list-style-type: none"> • Do not bend knee more than 90 degrees 		
Recommendation	<ul style="list-style-type: none"> • Gradually come off crutches taking full weight through leg • When standing, push knee straight to help achieve full extension • Increase range of motion from full extension to 90 degrees • Begin strengthening knee • Hip and gluteal muscle strengthening • Ankle range of motion and strengthening 		
Suggested exercises	<ul style="list-style-type: none"> • Wall slide mini squat • Double leg squats (0-60) • Sitting unsupported knee extension and flexion • Single leg stance – knee straight, knee flexed • Straight leg raise • Step ups • Double calf raises • Side leg raise – knee straight, knee flexed • Gluteal band exercises • Bridging with gluteal contraction 		

Phase 2		Week 7 to week 12
Goals	<ul style="list-style-type: none"> • Comfortably walk normally • Gain full range of motion • Begin strengthening 	
Precautions	<ul style="list-style-type: none"> • Avoid running • Do not return to athletic activity before full strength and neuromuscular control has been gained 	
Recommendations	<ul style="list-style-type: none"> • Fully weight bear as able • Passive stretching to achieve full extension and flexion • Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Neuromuscular control and co-ordination of leg 	
Suggested exercises	<ul style="list-style-type: none"> • Double leg squats (0-60) • Sitting unsupported knee extension and flexion • Single leg stance – knee straight, knee flexed • Straight leg raise • Step ups • Double calf raises – progress to single calf raise • Side leg raise – knee straight, knee flexed • Gluteal band exercises • Bridging with gluteal contraction • Exercycle – low resistance, short interval 	

Phase 3		3 Months – 6 months
Goals	<ul style="list-style-type: none"> • Gain full function and strength 	
Precautions	<ul style="list-style-type: none"> • Avoid collision sports or high risk recreational activity • Return to vigorous athletic activity as physiology allows (rapid return to rigorous strength training or endurance and speed training can lead to tendinopathies or injury) 	
Recommendations	<ul style="list-style-type: none"> • Return to running in sensible progressive time frame • Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Neuromuscular control and co-ordination of leg • Progress into sport specific functional training 	
Suggested exercises	<ul style="list-style-type: none"> • Double leg squats (0-90) • Single leg squats • Single leg hop • Step ups – increase height • Hop ups 	

	<ul style="list-style-type: none">• Step downs• Side hops• Resisted quads and hamstring weight training• Gluteal band exercises• Bridging• Exercycle – increase resistance and training length	
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